

Large for Gestational Age (AK 17-USDA 153)

Explain to Participant

You're enrolled in the WIC program today because your baby was born large for gestational age. This means that your baby grew bigger than expected before your delivery. Infants born large for gestational age have more birth injuries and developmental and intellectual retardation.

Goal

The goal is to provide the best nutritional support to your infant to make sure he/she is getting all of the nutrients to grow within normal guidelines.

Suggestions for Reducing Risk

Follow the recommendations of your infant's health care provider.
Attend all recommended check-up appointments with your child's health care provider.
Explain the nutrition education materials suggested.
Offer breastmilk or iron-fortified formula for the entire first year.
Explain infant feeding cues and practices
Feed your baby on demand.

Nutrition Education
Material Suggested

Food for Your Baby's First Year

Explain Applicable WIC Foods

WIC Foods

Nutrients Provided

Iron Fortified Infant Formula

Protein, Calcium, Vitamins A & C, Iron

Iron fortified Infant Cereal

Iron

WIC Juice

Vitamin C

Explain What the WIC Nutrients Can Do for You!

Calcium

Keeps bones healthy. Helps muscles work. Helps blood clot.
Helps control blood pressure.

Iron

Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.

Vitamin C

Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.

Protein

Makes up part of every cell in your body. Builds and maintains muscles and other tissues.

Vitamin A

Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Bright Future for Infants
The First Twelve Months